



**City of
Santa Clara**
The Center of What's Possible

Santa Clara Senior Center

NEWS

September 2015

Senior Center Website Feedback Wanted

Come and learn about the City of Santa Clara's website (santaclaraca.gov) on September 29th and 30th from 1:00 pm - 2:00 pm, in the Computer Lab (Room 231). This is a hands-on session where you'll become an expert at navigating the website. The City recently redesigned the website to incorporate new branding and improved organization of the content to provide easier navigation for you to find the services that you are looking for. We'll also have a feedback session focused on your thoughts about the website. Please come by the Front Desk to sign up or call us at (408) 615-3170. Space is limited so sign up today.

Adventures Into Toy Making (Drop-In Open Woodshop)

The Woodshop is looking for toymakers for the upcoming holiday season. So if you're a kid at heart and enjoy the smell of freshly cut wood, join us for the next several weeks on Wednesdays from 5:00 pm - 7:00 pm as we learn to make toys. You will learn how to design toys, make patterns, cut and assemble - just like Santa's Toy Shop! Learn the use of tools like a scroll saw and band saw, sanders, and a drill press. Everything needed for this adventure in toy making. All materials will be provided. The toys made are donated to local non-profit organizations or are sold at the November Craft Faire to benefit the Woodshop program. Please come by the Front Desk to sign up or call us at (408) 615-3170. Space is limited so sign up today.

1000 Hour Volunteer Recognition Plaque

Volunteers have always played a large role in the success of the Santa Clara Senior Center. Without the continued dedication of our volunteers, the Center would not be able to offer such a large variety of programs and services. Senior Center volunteers contributed over 20,000 hours of their valuable time to the Santa Clara Senior Center during the 2014-2015 fiscal year. The names of volunteers reaching 1,000 hours of service are engraved on the Senior Center 1,000 Hour Plaque. This plaque is located near the auditorium. Please stop by and see the names of your friends, community members, and fellow volunteers who have achieved this milestone.

Congratulations to our eight Senior Center Volunteers who reached 1,000 hours of service during the recently completed volunteer year July 1, 2014 to June 30, 2015. The following volunteers have been added to the 1,000 Hour Plaque:

Welsun Anwia
Nathan Bernstein
S. Victor Emmanuel
Larry Kaufman

Jennifer Le
Manuel Matus
Kathleen Moe
Paul Shumaker

Thank you to all of our volunteers for your continued support and giving your time so generously to the Santa Clara Senior Center Volunteer Program.

DATES TO REMEMBER

Adventures Into Toy Making
Wednesdays, 5:00 pm - 7:00 pm

Senior Center Holiday Closure
September 7th & September 9th, 2015

**Santa Clara Women's League
Open House**
Wednesday, September 16th, 5:00 pm—6:30 pm

Health and Wellness on the Go
Tuesday, September 22nd, 11:00 am—12:30 pm

Senior Center Website Feedback
September 29th & 30th, 1:00 pm—2:00 pm

Craft Faire
November 14th, 2015, 9:00 am - 2:00 pm

The Natatorium
will be closed
for
maintenance
beginning
September 21st
and reopening
on September
28th.

Santa Clara Parks and Recreation Department

Santa Clara Senior Center, 1303 Fremont St., Santa Clara, CA 95050 - (408) 615-3170

www.santaclaraca.gov/seniorcenter - custservsrcenter@santaclaraca.gov - www.facebook.com/santaclaraparksandrec

Monday through Thursday, 7:00 am - 7:00pm / Friday 7:00 am - 5:00 pm / Saturday, 9:00 am - 12:00 pm

SERVICES AVAILABLE AT THE SENIOR CENTER

	Provider	Phone/Website
Health and Wellness Services The services available by appointment are: care management, health education, healthcare coaching, social engagement, home visits, blood pressure, in-home assessment, connection to community resources, and service coordination. The service is available on a drop-in basis is a blood pressure clinic, Thursdays, 9:30 - 11:30 am. Services are available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) The free service is available by appointment for information and assistance on Medicare related issues. Services are available to anyone on Medicare.	Sourcewise	(408) 615-3170 www.mysourcewise.com
Senior Information and Resources Information, resources, and referral services for seniors at home. Services are available to City of Santa Clara seniors at age 50+.	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
Senior Peer Advocate (SPA) Services available by appointment: Information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits such as: transportation, housing, food, healthcare, caregiving/family support, legal services, and social/educational activities.	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
Legal Assistance (SALA) Free legal assistance available by appointment. Services are available to Santa Clara County seniors age 60+.	Senior Adult Legal Assistance (SALA)	(408) 615-3170 www.sala.org
Dining Out A nutritionally balanced lunch is served weekdays at 11:30 am. Advanced reservation is required. A \$3.00 donation suggested. Services are available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	(408) 615-3170 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP Volunteers	(408) 615-3170
Notary Service Free service by appointment. Signer must be present and provide government issued identification. Services are available to seniors age 50+.	Volunteer	(408) 615-3170 www.santaclaraca.gov

Discover additional resources for seniors @ www.santaclaraca.gov/seniorcenter or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) - In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modification in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented** products to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions contact the City Clerk's office at (408) 615-2220.

DAY CLASSES

Join us for exciting classes that will energize & motivate you.

Increase your fitness & activity levels.

Seniors of all ages and abilities (50 & up) are encouraged to register.

Please refer to the Recreation
Activities Guide for class fees and schedules.

Fitness for All

Mondays, 9:00 am - 9:45 am

Wednesdays, 10:30 am - 11:15 am

Gentle aerobic, toning, and stretching exercise will improve your balance, flexibility, endurance, range of motion, sense of equilibrium, and core muscular strength. Exercises will include chairs for props while sitting or standing. All abilities are welcome.

Instructor - A. Biscardi

Jazzercise with Jerome

Mondays and Wednesdays, 7:30 am - 8:30 am

This fun, energizing jazz program consists of cardio, strength building, and stretching moves. Modifications to each routine are offered to meet the needs and fitness levels of all participants.

Instructor - J. Flowers

No Falls S.O.S.

Tuesdays and Thursdays, 11:00 am - 11:30 am

Stretch, Observe, & Strengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness, and core muscular strength.

Instructor - M. Pozzi

Pilates Mat—Building the Foundation

#57590 Sept 3 - Sept 29 R \$64 / NR \$80

Tuesdays and Thursdays, 7:30 am - 8:30 am

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants.

Instructor - J. Russum

Small Group Fitness Training

Tuesdays and Thursdays, 11:00 am - 11:55 am

Intermediate Level

Is personal training too expensive or intimidating? Try our small group fitness training! Led by a certified personal trainer, you will be supervised through cardiovascular warm-up, stretching, and led through a small group workout which will include machines, free weights, and assorted fitness equipment.

Instructor - T. Anderson

Tai Chi for Life

Tuesdays and Thursdays, 8:45 am - 9:45 am,

Intermediate level (Beginner level pre-requisite)

Tuesdays and Thursdays, 9:45 am - 10:45 am

Beginner level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gently and slowly using whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity.

Instructor - L. Scheer

Woodshop Orientation

#57393

Sept 22nd

R \$10 / NR \$13

Tuesday, 9:30 am - 11:30 am

Intended to provide a basic introduction to the hand tools, power tools, and machines available for use. Serves as an introduction to procedures of operation, set up, and clean up. Orientation is mandatory for participating in the drop-in woodshop program.

Fees: Resident (R) / Non-Resident (NR).

Instructor - T. Freitas

Zumba Gold® with Ginger

Mondays, 10:00 - 10:45 am, and

Wednesdays, 9:30 - 10:15 am

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in the upbeat, "fitness party." Zumba Gold with Ginger is a low impact, easy-to-follow fitness class that keeps you in the groove of life!

Instructor - G. Wilson

**Sometimes classes are cancelled
because people wait too long to
register. Please register early to
avoid disappointment.**

EVENING CLASSES

Improve Your Mind and Body

Sign up for fitness and special interest classes.

Seniors of all ages (50 & up) and abilities are encouraged to register.

Balanced Aquatic Conditioning

#57589 Sept 3 - Sept 17 R \$55 / NR \$69
Thursdays, 5:30 pm -6:30 pm

This no-nonsense shallow and deep water workout formula delivers high intensity training options with and without equipment designed to target fitness components of agility, balance, coordination, speed and cardio capacity. In this group class format, participants perform a blend of traditional calisthenics, body weight and equipment-based resistance exercises and interval training techniques in a variety of positions (vertical/horizontal/diagonal) to enhance the full fitness spectrum (anaerobic, aerobic and mobility) that is targeted in each session. This class is open to beginners who are very comfortable in shallow and deep water.

Fees: Resident (R)/ Non-Resident (NR).

Instructor-M.Pozzi

Ceramics, Hand Building

#57565 Sept 29 - Nov 17 R \$161 / NR \$194
Tuesdays, 4:00 pm -5:30 pm

This class is appropriate for brand new or continuing students. Begin learning the fun of hand building with clay, or join us to learn new techniques as we complete many different class projects. Demonstrations are given and individualized instruction is the goal. Students will need to purchase a toolkit (\$12) on the first day. All clay, glaze, and firing costs are included in the fee. Class fee includes one session of Open Ceramics Studio.

Fees: Resident (R) / Non-Resident (NR).

Instructor-E. Carrender

Hydro-Pilates

#57588 Sep 11 - Sept 29 R \$71 / NR \$94
Tuesdays, 5:30 pm -6:30 pm

Hydro – Pilates is a low to non-impact strengthening and stretching movements that require precise breathing and muscle control. Practicing Pilates in the water helps develop better trunk stabilization, encourages postural alignment, helps relieve stress, and aids to facilitate increased range of motion around joints. This series of exercises initiates movement from the trunk-abdominals, mid/low back, hip and buttocks, and flows outward to the extremities. Training the muscles to be both movers as well as stabilizers helps improve posture, balance and encourages an overall sense of well-being. The postures and movements are adaptable for everyone.

Fees: Resident (R)/ Non-Resident (NR).

Instructor– M. Pozzi

Self-Defense for Seniors

#57581 Sept 1 - Sept 22 R \$39 / NR \$49
Tuesdays, 5:15 pm—6:15 pm

Strength to protect oneself comes from an awareness of surroundings, a fearless presence, and an understanding of your capabilities. Participants will learn strategies to help protect themselves from assaults and escape from attackers, whether it be in the home, in public, or in an automobile. Instructor will also discuss everyday items that can be used for self-defense.

Fees: Resident (R)/ Non-Resident (NR)

Instructor-T. Janovich

Zumba with Diana

#57591 Sept 2 - Sept 30 R \$24 / NR \$30
Wednesdays, 6:00 pm - 7:00 pm

Anyone can do Zumba. The routines are fun and easy to follow. This aerobic workout is designed as a dynamic, exciting, and effective class for all fitness levels. You will build stamina and endurance while improving your dance skills and agility. Please bring water, a towel, and wear comfortable exercise clothing along with athletic shoes that have a low profile tread—no running shoes.

Instructor-D. Morlang

**Sometimes classes are cancelled
because people wait too long to
register. Please register early to avoid
disappointment.**

HEALTH & WELLNESS/CARE MANAGEMENT

National Health Observances are special days, weeks, or months focused on raising awareness about important issues related to health and well-being. The topic for the month is **Fall Prevention**. Falls are the leading cause of fatal and nonfatal injuries to older adults. Two events will be held at the Senior Center:

Tuesday, September 15th from 10 am - 12pm

Stop by the Senior Center lobby, at the Health & Wellness Program table your strength to learn about fall prevention.

Tuesday, September 29th from 10 am - 12 pm

Stop by the Senior Center lobby, at the Health & Wellness table and practice how to safely lower body and find out how to stay falls free.

There will be helpful handouts and friendly volunteer nurses to answer your questions.

A Few Good Men (and Women too!)

Fridays, 12:30 pm- 2:00 pm, Room 205

Let's increase the fun and invite a few good women to join - the more the merrier! Come share stories and laughs, current events, or just compare notes with a lively group who enjoy discussing what's on their minds. No registration is required and participation is free.

Blood Pressure Clinic

Thursdays, 9:30 am- 11:30 am

Free drop-in blood pressure check by our volunteer nurse is available every Thursday morning in the Health & Wellness office.

Clutter Free

The 2nd and last Thursday of each month

10:30 am - 12:00 pm, Room 205

This peer-led support group focuses on new skills and perspectives as we share strategies for managing all our stuff. Please drop in on our next meeting or call Mallory von Kugelgen, Health and Wellness Coordinator at (408) 615-3180, for more information.

Senior Peer Advocate (SPA)

Mondays, 10:00 am - 12:00 pm, Room 205

SPA volunteers provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk. Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help.

Transitions

Mondays, 1:00 am - 2:30 pm, Room 205

Feeling lost or overwhelmed? This support group can help you navigate life's changes. This is a drop-in group, and participation is free. Join anytime...you are welcome here.

Wednesday Walk-a-Block

Wednesdays, 10:00 am- 10:30 am

One of the easiest ways to keep your heart healthy is by walking! Join us for Walk-a-Block on Wednesday mornings from 10:00 - 10:30 am. Walkers meet in the front lobby at 10:00 am and walk for approximately 30 minutes. Bring a friend and join your fellow walkers for some fresh air and exercise.

Fall Wellness Series

Classes are held on Tuesdays from 1:00 - 2:00 pm, in Room 149 (unless otherwise noted).

Pre-registration is required at the Front Desk or online. Each class costs \$6 with a Santa Clara senior resident discount or \$8 for non-residents. Join us for some interesting discussions and up-to-date information!

Register early! Classes not meeting the enrollment requirement will be canceled one week prior to the class date.

Fall Prevention: Take a Stand! Tuesday, Sept 22nd, Course #: 57397 Room :149, Time: 1:00—2:00 pm.

One in three Americans aged 65+ fall each year, resulting in serious and sometimes even fatal injuries. But falling is not just a consequence of getting older. Much can be done to prevent falls, and there are many simple and cost effective things you can do to keep yourself safe and strong. We will be discussing the many factors that can contribute to falls, preventive exercises, resources, and the latest information about how to stay on your feet. Come join us and "take a stand" so you can stay falls free.

September SPOTLIGHT

...Did You Know?

MONDAY	TUESDAY	WEDNESDAY
<p>New Fitness Classes start at the beginning of every month! Sign up now for October</p>	<p>1</p> <p>TGA Tuesday Night Dance Rumba Dance Lesson, 6:30 - 7:30 pm Nobhill Sounds, 7:30 - 10:30 pm</p>	<p>2</p> <p>Open Ceramics Studio 4:00 - 6:30 pm Open Woodshop, 5:00-7:00 pm</p>
<p>7</p> <p>LABOR DAY HOLIDAY</p>	<p>8</p> <p>TGA Tuesday Night Dance Rumba Dance Lesson, 6:30 - 7:30 pm 10th Avenue, 7:30 - 10:30 pm</p>	<p>9</p> <p>ADMISSION DAY HOLIDAY</p>
<p>14</p> <p>Open Ceramics Studio 4:00 - 6:30 pm</p>	<p>15</p> <p>TGA Tuesday Night Dance Rumba Dance Lesson, 6:30 - 7:30 pm Island Waves Band, 7:30 - 10:30 pm</p>	<p>16</p> <p>Open Ceramics Studio 4:00 - 6:30 pm Open Woodshop, 5:00-7:00 pm</p>
<p>21</p> <p>Open Ceramics Studio 4:00 - 6:30 pm</p>	<p>22</p> <p>TGA Tuesday Night Dance Rumba Dance Lesson, 6:30 - 7:30 pm Tenor Band, 7:30 - 10:30 pm Woodshop Orientation, 9:30-11:30 am</p>	<p>23</p> <p>Let's Talk Travel, 12:30 pm—1:30 pm Open Ceramics Studio, 4:00 - 6:30 pm Open Woodshop, 5:00-7:00 pm</p>
<p>28</p> <p>Open Ceramics Studio 4:00 - 6:30 pm Senior Advisory Committee 10:00 am - 12:00 pm</p>	<p>29</p> <p>TGA Tuesday Night Dance Rumba Dance Lesson, 6:30 - 7:30 pm Geri Foley DJ, 7:30 - 10:30 pm</p>	<p>30</p> <p>Open Ceramics Studio 4:00 - 6:30 pm Open Woodshop, 5:00-7:00 pm</p>

MONTH SPOTLIGHT

...Did You Know?

THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>Thursday Night Dance Rumba, Dance Lesson, 6:30 - 7:30 pm Colin Dickie, D.J., 7:30 - 10:30 pm</p>	<p>4</p> <p>Bingo 12:45 – 3:00 pm (look inside for more always happening activities)</p>	<p>5</p> <p>Join us on Saturdays from 9:00 am - 12:00 pm for billiards, shuffleboard, and darts.</p>
<p>10</p> <p>Thursday Night Dance Rumba, Dance Lesson, 6:30 - 7:30 pm 10th Avenue Band, 7:30 - 10:30 pm</p>	<p>11</p> <p>Intermediate Bridge 12:30 - 3:00 pm (look inside for more always happening activities)</p>	<p>12</p> <p>Wii 9:00 am – 12:00 pm (look inside for more always happening activities)</p>
<p>17</p> <p>Thursday Night Dance Rumba Dance Lesson, 6:30 - 7:30 pm Geri Foley, D.J., 7:30 - 10:30 pm</p>	<p>18</p> <p>Poker 7:30 – 9:00 am (look inside for more always happening activities)</p>	<p>19</p> <p>Wii 9:00 am – 12:00 pm (look inside for more always happening activities)</p>
<p>24</p> <p>Thursday Night Dance Rumba Dance Lesson, 6:30 - 7:30 pm Nob Hill Sounds, 7:30 - 10:30 pm</p>	<p>25</p> <p>Wii 7:00 am - 4:30 pm (look inside for more always happening activities)</p>	<p>26</p> <p>Wii 9:00 am – 12:00 pm (look inside for more always happening activities)</p>

Monday					Tuesday					Wednesday					Thursday					Friday				
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DINING OUT

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays, 7:30 pm - 10:30 pm

(Dance Lessons, 6:30 - 7:30 pm / Dances, 7:30 - 10:30 pm)

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission, and the lessons change every month. Dances taught include: Waltz, Fox Trot, Latin, and more. For the month of September, the Tuesday dance lesson is Rumba, and the Thursday dance lesson will also be Rumba. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Drop-In Crafts

Thursdays, 1:00 - 3:00 pm, Room 149

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please do not bring in projects that produce strong fumes. Finishing products are not allowed in the Senior Center. All seniors age 50+ are welcome. Engage your brain as well as your creativity.

Santa Clara Women's League

2nd Tuesday of each month, 1:00 pm

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome. www.santaclarawomensleague.org

Welcome Newcomers

3rd Thursday of each month, 10:30 am - 11:30 am, Room 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No registration is necessary.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with current friends and meet new friends, all while keeping your mind sharp and staying "on top of your game." Most games can accommodate any number of drop-in players. Refer to the table below for more information on a game that interests you.

Game Activities	Day	Time	Location	Contact	Drop Ins
Bingo	Tues Fri	12:45 - 2:45 pm 12:45 - 3:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome

Games, Games, Games

Mexican Train, Dominos, Cribbage, and more	Mon, Wed	1:00 - 3:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome
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Cards Games

Bridge, Intermediate	Mon, Wed, Fri	12:30 - 3:00 pm	Mezzanine (Multi-purpose Room on 4th Wed.)	Duane, 246-9794	Call first
Bridge, Intermediate	Wed	9:00 am - 12:00 pm	Multi-purpose Room	Betty, 248-3952	Call first
Canasta, Pinochle	Tues	12:00 - 4:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome
Poker	Mon - Fri	7:30 - 9:00 am	Multi-purpose Room	Staff, 615-3170	Welcome

Active Games

Wii	Mon - Thu Fri Sat	7:00 am - 7:00 pm 7:00 am - 5:00 pm 9:00 am - 12:00 pm	Fitness Center	Staff, 615-3170	Welcome
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ALWAYS HAPPENING

AARP Mature Driving

Monday once a month, 12:30 pm - 5:00 pm
Room 232 Dance/Theater

Class offered by Steven Corelis. Please call 408-993-1794 to register. On completion of the class, a certificate is awarded which offers an insurance discount for mature drivers.

Billiards

Monday - Thursday, 7:00 am - 7:00 pm
Friday, 7:00 am - 5:00 pm
Saturday, 9:00 am - 12:00 pm

Come play a "round of pool" with friends. The billiards room at the Senior Center offers everything you need to get the game going. Five standard pool tables covered with Simonis billiards cloth, pool balls, cue sticks, and bridges are available for use on a first-come, first-served basis.

Computer Lab

Monday - Thursday, 7:00 am - 7:00 pm
Friday, 7:00 am - 5:00 pm
Saturday, 9:00 am - 12:00 pm

With 13 personal computers you have access to utilizing Windows 7 and Microsoft 2010. Also available are two laptop Internet access ports. Computers are unable to save work, so please provide your own storage device. Check computer calendar for closures.

Darts

Monday - Thursday, 7:00 am - 7:00 pm
Friday, 7:00 am - 5:00 pm
Saturday, 9:00 am - 12:00 pm

Also featured in the Billiards Room is a dart board. Come and play a game of Around the World, 500, or Cricket.

Drop in Open Ceramics Studio

Monday & Wednesdays 4:00 am-6:30 pm
Room 149

Open Ceramics Studio is available to seniors who have previous clay experience and are familiar with the equipment and basic techniques. No formal instruction will be given, but an attendant is available to provide information as needed. (Open studio fee \$4.50 per hour, with an additional \$25.00 clay fee).

Dining Out

Served Monday - Friday, 11:30 am
\$3.00 donation

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus change throughout the seasons. There is always an option to the hot meal, such as meat or vegetarian salads, and sandwiches. Advance reservations are required and are limited. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for a guest under the age of 60 is \$6.00

Lapidary

Thursday and Friday, 9:00 am - 1:00 pm

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. A current Registration/Release of Liability Form is required to participate. (There is a participant fee of \$1.00 per day).

Let's Talk Travel

4th Wednesday of most months
12:30 pm - 1:30 pm, Mezzanine

Share ideas, interact with others who love to travel, and enjoy presentations by tour specialists and staff.

ALWAYS HAPPENING

Shuffleboard

Monday - Thursday, 7:00 am - 7:00 pm

Friday, 7:00 am - 5:00 pm

Saturday, 9:00 am - 12:00 pm

Located in the Billiards Room is our indoor shuffleboard table. So apply your hand to slide the weight or shuckle and enjoy a game that has a history dating back 500 years.

Senior Advisory Commission

4th Monday of the month 10:00 am - 12:00 pm, Room 232

The Senior Advisory Commission was established to act in an advisory capacity, providing City Council with insight regarding matters pertaining to the senior population in our community. The Commission consists of seven Santa Clara residents, who meet monthly, along with City staff. Information is presented and shared, and recommendations are offered on ways to improve the quality of life for all Santa Clara seniors. Commission members include: Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D., Barbara A. (Bobbi) Estrada, Sam Orme, Alice Pivacek, and Nancy Toledo. Meetings are open to the public and individuals can join the discussion or share opinions on important matters. Agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov.

Snack Bar

Monday - Friday, 8:00 am - 4:00 pm,

Saturdays, 9:00 am - 12:00 pm

Let's go out to the lobby for a hot dog, sandwich, or soda! Visit our snack bar and enjoy the many goodies we have available.

Volunteer With Us

The wide range of programs and services offered through the Santa Clara Senior Center would not be possible without the support of our dedicated volunteers. With over twenty programs to choose from, there is bound to be something for everyone. We are available to assist prospective volunteers in finding an area of interest to them. Please go to santaclaraca.gov/volunteer for information. You may complete a volunteer application online or pick up a copy at the Senior Center Front Desk.

Woodshop

Tuesdays and Thursdays, 8:00 am - 12:00 pm

Wednesdays, 5:00 pm—7:00 pm

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. A current Registration/Release of Liability Form is required to participate. (Donations accepted are used to replenish consumable Woodshop supplies).

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. To make an informed decision of whether or not the water temperature is suitable for your needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from: 81 - 84° F
Warm Water Pool: Water temperature ranges from: 90 - 94° F
Spa: Water temperature ranges from: 97 - 101° F

The Women's Locker Room is Closed for Cleaning:
 Monday - Friday, 2:00 - 2:30 pm

The Fitness Room is Open on:

Monday- Thursday:
 7:00 am - 7:00 pm
 Friday:
 7:00 am - 5:00 pm
 Saturday:
 9:00 - 12:00 am

ID Fit Program

Santa Clara residents under the age of 50 with a qualifying disability or medical condition may utilize the Fitness Center and Natatorium. A completed Registration and Release of Liability Form is reviewed by the Health and Wellness Staff for approval. For more information on the requirements of the ID Fit Program, read through the Senior Center Guidelines for Use.

Lap Pool Schedule - CLOSED FOR CLEANING Monday - Friday, 1:30—3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only	7:00 am - 1:30 pm All Lanes Open Lane #1 - Swim Only	7:00 am - 10:00 am All Lanes Open Lane #1 - Walk Only	7:00 am - 1:30 pm All Lanes Open Lane #1 - Swim Only	7:00 am - 10:00 am All Lanes Open Lane #1 - Walk Only	9:00 am - 11:30 am All Lanes Open Lane #1 - Swim Only
		CLASSES Adult Ed		CLASSES Adult Ed	
		11:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only		11:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only	
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	
3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Walk Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Walk Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	CLOSED
4:30 pm - 6:30 pm All Lanes Open for Swim Only	CLASSES Therapeutic Recreation Services starting 9/29	4:30 pm - 6:30 pm All Lanes Open for Swim Only	4:30 pm - 5:30 pm All Lanes Open For Swim Only	CLOSED	
	4:30 pm - 6:30 pm All Lanes Open for Swim Only Except 9/29		5:30 pm - 6:30 pm Lane #1 - Swim Only Lane #2&3 CLASSES		

Warm Water Pool Schedule - CLOSED FOR CLEANING Monday - Friday, 1:30 - 3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	9:00 am - 11:30 am
CLASSES Adult Ed	CLASSES Adult Ed	CLASSES Adult Ed	CLASSES Adult Ed	CLASSES Adult Ed	
12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	
3:00 pm - 6:30 pm	CLASSES Adult Ed	3:00 pm - 6:30 pm	CLASSES Adult Ed	3:00 pm - 4:30 pm	CLOSED
	CLASSES Therapeutic Recreation Services Starting 9/29		4:30 pm - 6:30 pm		
	5:30 pm - 6:30 pm				

Spa Schedule - CLOSED FOR CLEANING Monday - Friday, 1:30 - 3:00 pm and Wednesday, 1:30 - 7:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	9:00 am - 11:30 am
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED
3:00 pm - 6:30 pm	3:00 pm - 6:30 pm		3:00 pm - 6:30 pm	3:00 pm - 4:30 pm	

Santa Clara Senior Center's 2015 Craft Faire

Join us for a bit of holiday spirit and shopping at the Senior Center's Annual Holiday Craft Faire on **Saturday, November 14th from 9:00 am - 2:00 pm**. Don't miss your chance to purchase beautifully hand-crafted gifts for all the "nice" people on your list. This year's Faire will showcase items from many different disciplines including: woodworking, knitting, photography, ceramics, jewelry, and more. While you wander through the booths, make sure to have a cup of hot chocolate from our snack bar where you can also find breakfast, lunch, and snack items. If you are interested in being a vendor, applications are available at the Front Desk.

Free Flu Shot Clinic Coming in October

It might be 90 degrees now, but Fall is coming soon, and along with it the flu virus. Come get your flu shot at the Senior Center. The annual Flu Shot Clinic will be held on **October 1st, in Room 222, from 9:30 am - 12:00 pm**, and is **free of charge** for all adults 18 years and older. If you are on Medicare, you will need to **bring a copy of your Medicare card with you**. Sorry, Kaiser patients are not eligible for this clinic. Stay tuned for more details! This important service is being provided in partnership with Santa Clara Department of Public Health.

ENVIRONMENTAL DAY EVENT

**Saturday, October 17th
9:00 am - 1:00 pm**

On Saturday, October 17th from 9:00 am - 1:00 pm, Recology will provide residents of Santa Clara a way to recycle, reuse, and divert usable materials from landfills. Recology holds annual Environmental Days and the details of the Environmental Days are as follows:

Materials Accepted:

- Residential documents for confidential shredding (2 box limit)
- Electronic Waste (computers, monitors, printers, etc.)
- Universal Waste (batteries, cell phones, CFLs and fluorescent tubes)
- Clothing
- Children's plastic toys and play structures

Residents must provide a current utility bill and personal identification (i.e., Driver's License) to verify eligibility for this free drop-off program. Their contact information is:

650 Martin Ave.
Santa Clara, CA 95050
Phone #: (408) 970-5100
Web: www.recologysouthbay.com

Important Resources:

- City of Santa Clara Environmental Programs: (408) 615-3080
- Household Hazardous Waste Hotline: (408) 299-7300
- Countywide Recycling Information: (800) 533-8414
- County Recycling and Waste Reduction: www.reducewaste.org

Santa Clara Senior Center Health and Wellness on the Go

Event:	Blood Pressure Clinic and Sit-2-Stand Challenge	Time:	11:00 am - 12:30 pm
Date:	Tuesday, September 22nd	Location:	Northside Library Group Study Room #1 695 Moreland Way Santa Clara, CA 95054

Blood Pressure Clinic:

Know your numbers and meet the nurses from Santa Clara Senior Center's Health & Wellness Program. For 35 years, the Health & Wellness Program RNs and the Geriatric Care Manager have been helping Santa Clara's older adults, age 50+, live healthier, more independent lives by providing health coaching, referrals to community resources, and care management services. In addition to our daily services at the Senior Center, we'll be at the Northside Library, once-a-month this summer, for free blood pressure checks and to provide information about community resources, and Senior Center activities and services. This is a drop-in event - free of charge. Please stop by – we'd love to meet you.

Sit-2-Stand Challenge:

During the month of September, the Health and Wellness Program puts the spotlight on fall prevention. This year we are holding a Sit-2-Stand Challenge. The Sit-2-Stand Challenge is designed to practice your lower body strength, a key factor in predicting your fall risk. See how many Sit-2-Stand exercises you can do correctly in 30 seconds and then challenge your friends and family too. Take a stand to prevent falls. To raise fall prevention awareness, the Sit-2-Stand Challenge is organized by the Falls Prevention of Santa Clara County task force and Silicon Valley Healthy Aging Partnership. If you have knee, hip or back problems, or other health conditions that make exercising a risk for you, please consult your physician before participating in the challenge.

What's the Buzz All About?

Event:	Santa Clara Women's League Open House	Time:	From 5:00 pm - 6.30 pm
Date:	Wednesday, September 16th	Location:	Santa Clara Senior Center 1303 Fremont Street Room: Multipurpose Room

Join us for an old-fashioned picnic without the ants during our Open House membership drive for the Santa Clara Women's League. We are a fun group of volunteers dedicated to supporting the Senior Center's Health & Wellness Program. A 501(c)3 non-profit since 1983, we are committed to improving the quality of life for seniors. Taste some delicious goodies, maybe win a prize, make some new friends, and see if you might be able to help the Santa Clara Women's League enrich the lives of Santa Clara's older adults. We could use your help! No RSVP needed — Just Drop In.

For more information, contact Maria Landaveri, Santa Clara Women's League 2nd VP at 408-386-8569.

TRS—THERAPEUTIC RECREATION SERVICES

Committed to fostering and promoting a healthy and safe leisure life-style for those with special needs, who live, work, and play in the City of Santa Clara.



Social Recreation, Special Interest/Wellness Classes and Co-Sponsored Programs provide opportunities to DEVELOP, EXPRESS, CREATE, LEARN and GROW at his/her own level of functioning. Programs and activities are positive, achievable and non-competitive oriented, and focus on one's ABILITIES rather than disabilities.

Meaningful and Purposeful Activities are planned that Develop and Enhance:

- Leisure Awareness • Personal Growth & Development • Self-Esteem • Increased Independence • Social Skills
- Community Awareness • Self-Confidence • Health and Wellness • Communication
- Fine & Gross Motor Coordination • Community Pride • Quality of Life

SOCIAL RECREATION PROGRAMS

Each social program offers the participant an opportunity to explore and experience a variety of recreational and leisure activities in a positive, fun and welcoming environment. Activities may include, but are not limited to, group games, music, fitness/exercise, arts and crafts, dancing, creative dramatics, table games, sports, and much more.

Program goals emphasize social and physical development geared towards a specific age group and/or level of functioning. Unless otherwise indicated, club meetings are held on site and require little additional funds.

Adult Social Club (Ages 21+)

Tuesday, 6:00 pm - 8:30 pm

This club is designed for individuals who enjoy being physically active, learning new games, socializing with peers, and developing new friendships all in a fun energetic environment. Focus is on group process, appropriate social interaction, and leisure education.

Participant must be able to attend a large social gathering with minimal supervision and minimal assistance from staff. (1:8 ratio provided).

CapABILITIES Club (Ages 40-60+)

Wednesday, 5:30 pm—7:30 pm

This social recreation club is designed to meet the needs of individuals who require additional assistance in communication, physical “hand-over-hand” activity, and conflict resolution. This club is perfect for the older participant interested in socializing with peers in smaller groups. Activities are geared to motivate and stimulate the senses at a comfortable more relaxed pace. Participant must be able to attend a social gathering with limited supervision, or bring an attendant. (1:5 ratio provided).

The “Social-Lites” (Ages 21+)

Friday, 6:00 pm - 9:00 pm

Step out on Friday nights! Community, social, and leisure awareness is the focus of this group. Spend time with friends, organize group outings, activities, and special events while strengthening life skills in money management and social etiquette. Two to three outings are planned per session. Transportation is not provided. This club is designed for the independent, higher functioning individual. Participants must be able to attend and interact with minimal supervision, and/or independently direct staff for assistance. (1:9 ratio provided).

Children’s Recreation (Ages 4-12)

Saturday, 9:30 am—11:30 am

Wake up, get out, and come play on Saturday mornings. Participants are placed in a designated playgroup with peers based on age and functioning level. Activities for the younger participant’s group are geared towards parallel play, and provide exploration, self-expression, independence, and physical development. The older participant’s group emphasizes small group play, appropriate social interaction, decision making, and skill development. Please send your child with a healthy snack each week. (1:4 ratio provided).

Teen Club (Ages 13+)

Thursday, 6:00 pm—8:30 pm

Teens just want to have FUN! and that’s what this high energy active group enjoys each week. Join friends and make new ones while having fun with group games, crafts, sports, movies, and much more. Participants must be able to attend a social gathering with limited supervision and minimal assistance provided, or bring an attendant. (1:8 ratio provided).

Certified Therapeutic Recreation Specialists (CTRS) and qualified Therapeutic Recreation staff manage and supervise programs, ensuring the highest quality and knowledge of therapeutic modalities and intervention. Enthusiastic teams of TR leaders and specialists serve as positive role models and are prepared to meet the social and recreational needs of individuals with disabilities.

For more information contact

Therapeutic Recreation Coordinator

Melissa Santos, CTRS - 408-615-3183

Santa Clara Parks and Recreation Department

Adventures To Go

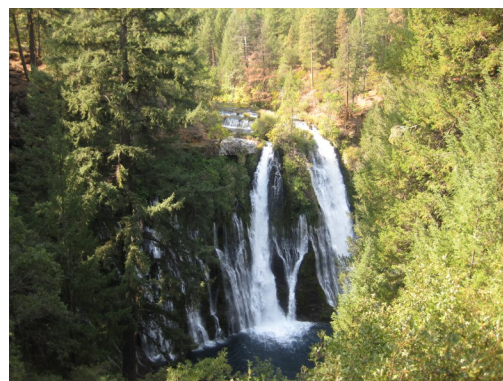
Care-Free Travel for Adults Ages 50 plus



Sporting Events



Historic landmarks



Out-Door Excursions

“Travel.....without the headaches.”

Register today for Adventures to Go destinations and let us take care of the transportation, reservations, and gratuity. Adventures to Go offers active adults ages 50+, worry-free travel with friendly travel escorts and staff. We hope you'll travel with us soon!

For more details, please visit:

www.santaclaraca.gov/SeniorCenter or

call (408) 615-3170



**City of
Santa Clara**
The Center of What's Possible